

## Adventure

### Skill Level Key:

This rating system is designed to inform you of the skill and fitness level, which is required to enjoy yourself while participating in Raleigh's Adventure Programs.

**Level 1** – No prior knowledge or experience is necessary, with basic fitness level. A basic fitness level is half an hour of aerobic activity three times a week.

**Level 2** – Some previous experience is recommended, with moderate fitness level. A moderate fitness level is an hour of aerobic activity three times a week.

**Level 1** – Familiar with the activity, with moderate to good fitness level. A good fitness level is anything over an hour of aerobic activity three times a week.

## Adventure Adults

### Bike Maintenance

#### Level 1

Location: Wade Ave Administrative Office Bldg.  
Age: 14yrs and up. Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you! Participants of this course will learn to change flat tires, adjust gears and brakes, and look after the well being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers it doesn't matter we will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs! Bring your bike and wear clothes that can get dirty. This course is adult oriented. Participants ages 14-15 must be accompanied by an adult participating in the program. Contact the Adventure Program at 919-831-6855. Class Fee: \$15  
#70608 Jun 21 Sa 6:00-9:00pm

### Intermediate Mountain Biking

#### Level 2 and 3

Location: Wade Ave Administrative Office Bldg.  
Age: 14yrs and up. Fantastic mountain biking opportunities are abundant across the triangle. Join our staff for a seasonal trail ride at various area locations. Staff members provide impromptu instructional opportunities that will help to build riding skills. Develop skills, discover a new area, and enjoy the camaraderie that goes along with riding with the pack. Transportation and instruction provided. Bikes are not provided. Bring a personal bike and helmet or contact the Adventure office about rental options in the area. Prerequisites include

attendance in Mountain Bike Sampler or proven equivalency of skills. Participants ages 14-15 must be accompanied by an adult participating in the program. For more information please contact the Adventure program at 919-831-6855. Class Fee: \$25  
#70554 May 17 Sa 9:00am-3:00pm

### Kayak Basics

#### Level 1

Location: Lake Johnson  
Age: 12yrs and up. This course is offered for those wishing to learn more about the sport of kayaking, now that the warmer weather has arrived. This 6 hour course provides a comfortable and pleasant lake environment in which to learn. The water is warm and the instructors are calm and friendly. This course will help lay a strong foundation of skills so you will be ready for moving water instruction on local rivers. Participants should have basic swimming ability and comfort under water, but kayak experience is not required. Equipment and instruction are provided. This program is adult oriented with minimum age of 12. Ages 12-15 must be accompanied by an adult. For more information, please call 831-6855. Class Fee: \$60  
#70557 Jun 14 Sa 8:00am-4:00pm  
#70558 Jul 26 Sa 8:00am-4:00pm  
#70559 Aug 16 Sa 8:00am-4:00pm

### Introduction to Whitewater Kayaking Level 1 and 2

Location: Wade Ave Administrative Office Bldg.  
Age: 14yrs and up. Welcome to the world of Whitewater, we've been expecting you. This is the first course in our series of instructional programs designed to get you out there paddling Whitewater. Our course starts from the ground up and builds a foundation of skills you will take with you through the rest of your paddling career. Our instructors work with you one on one to develop your techniques in paddle strokes, boat control, reading water and assisted rescues. We do this by combining classroom and hands on instruction so that you not only understand but can apply the principles of quality paddling. This supportive environment and teaching progression begins with work on dry land then moves to flat-water preparing students for paddling trips on local Class I-II whitewater. Equipment, transportation, and instruction are provided. There will also be a pre-trip meeting the Friday before the trip, please plan to attend. Students must have basic swimming ability and comfort under water. Class Fee: \$160  
#70555 May 31-Jun 1 Sa-Su 9:00am-5:00pm

### Quick Start Climbing

#### Level 1 and 2

Location: Wade Ave Administrative Office Bldg.  
Age: 14yrs and up. Are you ready to get out there and get climbing? If so, Quick Start Climbing is for you. Offering the best of both worlds our new program combines the intro and intermediate rock climbing programs. Our goal is to provide you with a much climbing opportunities and constructive coaching as possible. We have not cut any corners or sacrificed the curriculum in any way. The only thing we have gotten rid of is the wait between courses. Try our quick start today. Class Fee: \$95  
#70668 Aug 22-23 F-Sa 6:00-10:00pm

### Quick Start Mountain Bike

#### Level 1 and 2

Location: Wade Avenue  
Age: 14 years and up. Our newest addition to the Mountain Biking Courses was long over due. It just took a little while for us to connect the dots. Quick Start Mountain Biking combines the intro and intermediate biking programs. Our goal is to provide you with a much riding opportunities and constructive coaching as possible. We have not cut any corners or sacrificed the curriculum in any way. The only thing we have gotten rid of is the wait between courses. Try our quick start today.  
#71456 July 19-20 Sa-Su 8:00am-5:00pm

### Intermediate Rock Climbing

#### Level 1 and 2

Location: Wade Ave Administrative Office Bldg.  
Age: 14yrs and up. Build off the basics and further your knowledge of climbing techniques, route finding, and various types of climbing. Just as there are several types of rock there are several different types of climbs you may face. Find out what they are and how to handle each in our new intermediate class at Pilot Mountain. Pilot's name comes from Native Americans who used it as the 'Great Guide' or Pilot when traveling. In more recent times Pilot has become one of the premier climbing areas in North Carolina due to its accessibility, variety of climbs and expansive views of the surrounding area. Our experienced staff will set up climbs that are suited for a novice group of climbers, so be prepared for a full day of muscle burn and fun! Equipment, instruction, and transportation are provided. For more information, please call 919-831-6855. Class Fee: \$75  
#70551 May 17 Sa 6:00am-9:00pm

*Recreation offers the discovery of self expression  
and much needed family cohesion.* Nancy M. Morrow

**Wilderness Survival Course****Level 1**

Location: Durant Nature Park  
 Age: 12yrs and up. Learn the importance of always being prepared in the wilderness, how to cope with wilderness emergencies, how to lost-proof, and how to focus on safety during outdoor adventures. Professional hands-on instruction conducted by former US Air Force Survival Instructors. Instruction will include the seven survival priorities: attitude, wilderness first aid, shelter, firecraft, signaling, water and food. This unique two-day course, with an overnight using tents, will provide participants with the knowledge and skills necessary to better cope in a wilderness environment, as well as build confidence to manage wilderness survival situation. This course is adult-oriented with 12 as the minimum age. Participants ages 12-17 must be accompanied by an adult. For more information please contact the Adventure program at 919-831-6855. Class Fee: \$190  
 #70556 Jun 7-8 Sa-Su 9:00am-10:00pm

**Adventure Family****Canoe Camping****Level 1 and 2**

Location: Wade Ave Administrative Office Bldg.  
 Age: 12-99yrs. Come explore the wetland wilderness of the Roanoke River called the Devil's Gut. Participants will canoe through winding creeks and sloughs that twist and turn through tupelo cypress forests, eventually arriving at a camp platform above the water and deep in the wilderness area. While participants will get an introduction to canoe basics and

learn the proper technique for packing and loading gear, the true gold of the experience is quietly floating through the placid and peaceful waters experiencing the wildlife that abounds in wetland swamps. Especially important in this environmentally sensitive area will be the practice of Leave No Trace Outdoor Ethics. Equipment, transportation, instruction, and meals, except those on the road, are provided. Students must have basic swimming ability and comfort in water. There is a pre-trip meeting Thursday night before the course, please plan to attend. Participants ages 12-17 must be accompanied by an adult participating in the trip. For more information, call 919-831-6855. Class Fee: \$125  
 #70548 May 3-4 Sa-Su

**Custom Neuse Canoe Sampler****Level 1 and 2**

Location: Wade Ave Administrative Office Bldg.  
 Age: 12yrs and up. This great tandem canoe program will show participants how to catch an eddy and read a rapid. The program is great for sharing with a friend, your partner, a youth, or the entire family. Designed as a sampler, this program gives an introductory experience to canoeing on the Neuse River. It is suitable for beginners or those with previous river experience. The intent is not to teach a complete 'How-To' course, but instead to build a solid foundation of canoeing skills. This trip is planned for the Neuse River because of its close proximity and beginner rapids (Class I and II) which allow for fun and the learning of river techniques such as eddy hopping and ferrying. Instruction, transportation, canoes, and equipment are provided. Students must have basic swimming ability and comfort

in water. Participants ages 12-15 must be accompanied by an adult participating in the program. For more information, call 919-831-6855. Class Fee: \$50  
 #71198 May 11 Su 9:00am-5:00pm

**Neuse Kayak Sampler****Level 1**

Location: Wade Ave Administrative Office Bldg.  
 Age: 12yrs and up. This one-day trip is designed as a sampler, giving students an introduction to the sport of kayaking, on the Neuse River. The course is suitable for beginners or those with some previous river experience. While not a complete 'how-to' kayak course, this trip is designed to instill boating fundamentals and give students a taste of the incredible sport of kayaking. The Neuse River is a great instructional area because of its close proximity and beginner rapids (class I and II) which allow the learning of river techniques such as eddy hopping and ferrying. Equipment, transportation and ACA instruction are provided. Students must have basic swimming ability and comfort under water. There is a pre-trip meeting the Friday before the course. This program is adult-oriented, participants age 12-15 must be accompanied by an adult participating in the program. For more information, call 919-831-6855. Class Fee: \$75  
 #70563 May 10 Sa 9:00am-5:00pm

